



Alternative Medicine Magazine's Definitive Guide to Weight Loss: 10 Healthy Ways to Permanently Shed Unwanted Pounds (Alternative Medicine Guides)

Ellen Kamhi

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Alternative medicine holds the key to losing weight permanently. By correcting imbalances resulting from such conditions as food allergies, overactive hormones, yeast infections, an underactive thyroid, or parasites, the health-promoting tips and techniques in this book will help you restructure your health-and melt away unwanted pounds. This simple program kicks off with a comprehensive detox to flush toxins-commonly stored in fat cells-out of the system. Next it presents new ideas for losing weight by matching your diet to your unique body type and learning to choose the right fats, sweeteners, and supplements. Featuring more than twenty healthy recipes, detox teas and juices, lymph-stimulating methods for banishing cellulite, a menu-based eating plan, and the Super Seven Home Workout, ALTERNATIVE MEDICINE MAGAZINE'S DEFINITIVE GUIDE TO WEIGHT LOSS contains everything you need to get energized and become the healthy, trim person you've always wanted to be.

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